Plean do na Ranganna Naíonáin 20/05/2020 -26/05/2020

Dialann ‘Well-Being’

* Good to be Me lch20 (le cabhair ó dhuine fásta)

Gníomhaíochtaí Cruthaitheacha agus taitneamhacha/Creative and Fun activities to do.

* Oideas nua/New Recipe: Seo oideas gur féidir leat a thriail. Déan cinnte go bhfuil na comhábhair cearta agat roimhré agus bíodh duine fásta sa chistin leat. *Pick one of the cooking workshops and follow the recipe. Make sure, in advance, that you have all the ingredients and that a grown helps you.*

[*https://www.rte.ie/player/series/ár-mbia-ár-slí/SI0000006050?epguid=IP000065251*](https://www.rte.ie/player/series/ár-mbia-ár-slí/SI0000006050?epguid=IP000065251)

* Scónaí (uimhir 42)
* Aclaíocht/ Exercise and skills (with help from a grownup) 



Gníomhaiochtaí sa Bhaile(B): ag caitheamh(Réamhaclaíocht; Cleachtadh; Dúshlán sa bhaile https://vimeo.com/402233503

Teicnící Chun Do Scíth a Ligean/Ways to Relax. 

Éist le ceol na n-éan 

<https://www.facebook.com/211490781616/posts/10158625463166617/?d=n>

Aireachas le Ciarán

https://www.youtube.com/watch?v=n45vPBaHjio